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Chapter 2 not so Insidious

Reel Guys divided on Insidious: Chapter 2, saying the confusing plot and clunky dialogue diminish the scares PAGE 19

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Kinder Morgan exec makes his case in Surrey

Board of trade hears arguments for pipeline expansion PAGE 2

TIME TO SINK OR SWIM

LEANER, FASTER KASSIAN LOOKING TO BE BIGGER PART OF CANUCKS LINEUP THIS SEASON PAGE 28

ALL HANDS ON DECK

Western Canada Marine Response Corporation performs a series of oil-spill drills in Howe Sound Thursday. Metro observed the operation to see how a large-scale spill off B.C.'s coast would be handled. Story, page 4. JENNIFER GAUTHIER/FOR METRO

Crown files appeal in Dziekanski perjury case

Alleged collusion. Special prosecutor seeking new trial for acquitted Mountie

The Crown is seeking to appeal the acquittal of an RCMP officer who was charged with perjury for his testimony at the Robert Dziekanski inquiry, suggesting prosecutors were undeterred by a not-guilty verdict in the first of four trials linked to the case.

Const. Bill Bentley was among four officers who confronted Dziekanski at Vancouver's airport in October 2007, when the Polish immigrant was repeatedly stunned with a Taser and died.

The officers were charged with perjury for their testimony at a subsequent public inquiry, held in 2009, where they were asked to explain alleged discrepancies between what they initially wrote in their notes and told investigators and what could be seen on an amateur video that emerged later.

The Crown argued at Bentley's trial that similar alleged discrepancies found in each officer's notes and police statements suggested they colluded on a story to tell investigators and then lied at the inquiry to cover up their collusion.

Bentley was acquitted in July when a judge concluded there were other, more innocent explanations for the alleged discrepancies.

The special prosecutor handling the case has now filed an appeal of Bentley's acquittal. THE CANADIAN PRESS

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NEWS 1

Kinder Morgan executive faces tough questions by Surrey board

'House of cards.'
Shares of company fell six per cent after financial analyst sent out an email to clients warning them to divest their company stocks

KATE WEBB
kate.webb@metronews.ca

Kinder Morgan Canada President Ian Anderson faced some tough questions as he tried to convince the Surrey Board of Trade Thursday to support the expansion of the proposed Trans Mountain pipeline.

Last week shares of Kinder Morgan fell six per cent after a Princeton-educated financial analyst sent out an email to clients warning them to divest their stocks in the company.

The analyst, Kevin Kaiser, called the company a "house of cards" and released a report this week alleging the pipeline giant has cut routine maintenance work to boost distributable cash flow.

"I can't comment on some of the public dialogue that's gone on with Kinder Morgan over the last week or two in terms of stock prices and some short-selling recommendations that some analyst has proclaimed," Anderson said in response to a question from the audience.

"I can say that in terms of pipeline maintenance and pipeline integrity and the investments that Kinder Morgan makes in that, I've never been with or seen a company that spends more on that than this company does."

He added investments in pipeline integrity and right-of-way protection on the existing Trans Mountain pipeline from Edmonton to Burnaby have quintupled over the last five years.

A handful of environmentalists, including ForestEthics Advocacy's tar sands campaign director Ben West, came out to hear what Anderson had to say.

Kinder Morgan Canada President Ian Anderson addresses the Surrey Board of Trade on Thursday. KATE WEBB/METRO

"When the bar is already so low, saying you're spending more than others in the industry — all you have to do is look around the world in the last few years and it's just one incident after another," West said.

Many First Nations, plus city councils in Burnaby, Vancouver, and West Vancouver have already come out as vehemently opposed to the project.

Anderson told Surrey's business elite that the pipeline expansion would double the company's annual tax contribution to the city, from $543,000 in 2011 to $993,000.

Surrey Board of Trade CEO Anita Huberman said she invited Anderson to speak to the board because the proposed $5.4-billion expansion would cross parts of Surrey.

Proposed coal transfer facility put on hold

Director of environment Darrell Desjardin gives an update on the proposed coal transfer facility.
JENNIFER GAUTHIER/FOR METRO

Port Metro Vancouver (PMV) has put a proposed thermal coal transfer facility at Fraser Surrey Docks on hold until it beefs up its environmental standards.

The project was initially delayed following public outcry, with critics calling the proposal unhealthy to people and the environment.

"We reviewed all the concerns that relate to the project at hand," said James Crandles, director of planning and development for PMV, "and (are) making sure things are thoroughly responded to and addressed in the project application."

The PMV is asking Fraser Surrey Docks for four things: To undertake the Environmental Impact Assessment — a process to identify and mitigate negative environmental effects; to revise its proposal to ensure there's no temporary stockpile of thermal coal on site; Ensure coal dust does not leave the barges at the terminal or anywhere along its route; make sure Fraser Surrey Docks follows best practices during its rail shipments to ensure no coal dust escapes while being transported.

However, Kevin Washbrook, director of Voters Taking Action on Climate Change said it's not good enough.

"There's still a lot of vagueness in terms of what they're actually proposing," Washbrook said.

SAM SMITH/FOR METRO

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PHOTOS BY JENNIFER GAUTHIER/FOR METRO

This is just a test

Oil-spill drill. B.C.'s marine response team shows off skills in Howe Sound

EMILY JACKSON
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The crews got the call at 7 a.m. on Thursday.

Twenty-five hundred tonnes of bunker fuel had leaked from a forest products ship after it ran aground in the picturesque, seal-inhabited waters of Howe Sound.

By noon, about a dozen work boats, skimming vessels and a barge from B.C.'s only marine oil-spill response team were on the scene to put their operations to the test.

Before you freak out about the apparent crisis — and be assured, a number of passing boaters called to express concerns — it was in fact a biannual oil-spill drill, required by the Canadian Shipping Act to ensure Western Canada Marine Response Corporation's operations are up to snuff. (Transport Canada grades the exercise. A smaller one is done annually and a larger drill every three years.)

WCMRC, the sole company dealing with spills along the province's 27,000-kilometre coastline, invited reporters to the drill to show what a clean-up involves.

"It still remains a bit of a mystery in the community," WCMRC spokesman Michael Lowry said of oil-spill response.

First, crews control the source. Whoever is responsible for the spill controls incident command, with coast guard support if necessary.

Second, WCMRC arrives to contain the spill with booms, yellow or orange barriers that float and hang like drapes below the surface. If the spill occurred close to the coast, especially in sensitive areas, they put booms along the shoreline.

Third, vessels start recovering the oil. Diluted bitumen still floats, Lowry said, though scientists question how long it remains on surface before sinking. Skimmers funnel in the oil with a brush on a conveyor belt. When they're full, they pump it into the barge.

Despite mounting concerns about spills due to the proposed tanker traffic increase should the government approve the Northern Gateway and Trans Mountain pipelines from Alberta's oilsands, WCMRC is "confident" they have the capacity to deal with spills, Lowry said.

WCMRC is legally required to be able to respond to a 10,000-tonne spill, but it already has the capacity to deal with a 26,000-tonne spill. A tanker contains up to 120,000 tonnes of oil, but double hulls and other prevention tactics make a spill of that size unlikely, Lowry said. Re-enforcement can also be called in from Alaska or Eastern Canada.

If the Northern Gateway is approved, Enbridge would plan for 36,000 tonnes, he said, and WCMRC would likely expand its operations.

The last major oil spill of 100,000 litres was in 2007 when a pipeline burst in Burnaby. WCMRC, which is funded by industry, recovered 90 per cent of the synthetic bitumen from the water.

1 Boom, that's how it's done

A boom extends from the Burrard Cleaner No. 9 during an oil-spill response drill in Howe Sound on Thursday. About 30 workers participated in the drill where Transport Canada tests the equipment and execution of the Western Canada Marine Response Corporation.

2 Working day and night

Skimmers pump recovered oil into the spill-response barge, which sleeps 20 people in case work needs to continue throughout the night.

3 Corral the oil

The yellow boom attached to this work boat contains oil in a certain area. The boom extends like a drape to capture oil slightly below the surface. Because oil floats on salt water, booms help corral the substance in a certain area.

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Construction crew causes explosion

Surrey. 'Fellow closest was in a daze.... Fortunately no real damage was done': Fire department

The scene of an explosion in Surrey Thursday morning. KATE WEBB/METRO

An explosion that rocked houses and set off car alarms near King George Boulevard and 62nd Avenue in Surrey Thursday morning was caused by an old gas tank being taken apart.

The explosion happened around 8 a.m. and caused a small fire, which was quickly put out by the Surrey Fire Department.

Assistant chief of operations for the Surrey Fire Department Joe DeLuca said ambient vapors left over from the 37,854 litre gas tank ignited when deconstruction crews cut into it.

"I don't know if they were using a torch or what," DeLuca said. "Either way, it ended up producing enough of a spark and it caused the vapors in there to light up."

No injuries have been reported to Surrey RCMP or the fire department.

"The fellow closest was in a daze from what I understand," DeLuca said. "Fortunately no real damage was done."

However, a nearby excavator did have its windows shattered from the explosion.

"The blast was felt to the point where it shook homes that were probably 50 to 100 yards away," DeLuca said.

Rajwinder Judge, who lives next door with her three young children, said they all started crying when they heard the explosion. "It was like a bomb," she said. "Everything is shaking when it happen, even the windows and the doors, everything."

DeLuca said the site is an old gas station that's been out of operation for years. But leaving old gas tanks in the ground is an environmental concern and they need to be dug out, which the crew was doing.

Cpl. Bert Paquet of Surrey RCMP said officers attended the scene and found the explosion not to be suspicious.

SAM SMITH/FOR METRO

Drugs. Alleged gang member busted in raid

Guns and drugs were seized last week during a police raid at an alleged Abbotsford gang member's home, Abbotsford Police report.

Manraj Singh Gill, 25, was arrested Sept. 5 at his house where police report to have found heroin, methamphetamine, cocaine and gun ammunition. Inside his vehicle there was an improvised firearm or "zip gun" loaded with a 22-caliber bullet, according to police.

Gill is being charged with three counts of possession for the purposes of trafficking and one count of breaching a weapons prohibition order.

SAM SMITH/FOR METRO

Langley

Man charged with breaking into senior care facility

Liban Mohamud Shire, 22, has been charged with unlawful confinement and breaking and entering into a senior's living care facility in Langley on Sept. 5, police report. SAM SMITH/FOR METRO

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Eviction notice.
Homeless camp forced to move down the street

People living at the Gladys Avenue homeless camp complied with the eviction notice handed down by the City of Abbotsford Thursday morning, just to move down the block.

"They just moved back to the chicken s**t space that's only about 60 feet down the road," said homeless advocate Ward Draper, in reference to the city dumping chicken manure at the camp back in June.

The city received backlash from local and international media after the events came to light, and the mayor has since apologized and started working with local advocacy groups to come up with a solution.

But Draper thinks they've gone about it entirely the wrong way. "We've solved the problem of homelessness, we can all go home now, right?" he said, frustrated. "We need responses from civic, provincial and federal governments today because these problems are just getting out of hand."

Abbotsford Mayor Bruce Banman said moving them away from an unsafe spot was the first goal. Next, he's focusing on dealing with the bigger picture. **SAM SMITH/FOR METRO**

Bacon brothers

B.C. appeals court adds two years to drug sentence

The B.C. Court of Appeal has added two years to the drug conspiracy sentence of one of three notorious brothers with links to the province's violent gang world.

Jarrod Bacon now has a 14-year jail term, after originally being sentenced to 12 years earlier this year for conspiring to import cocaine into Canada from Mexico in a sting involving a police informant.

THE CANADIAN PRESS

Tanzanian lured here with promise of job, court hears

Mumtaz Ladha, left, and lawyer Tony Paisana talk at the end of the first day of a human trafficking trial at B.C. Supreme Court in Vancouver on Sept. 4.

DARRYL DYCK/THE CANADIAN PRESS

Trafficking case.
Canadian woman accused of forcing worker into domestic servitude

An alleged victim of human trafficking believed she was coming to Canada for a salon job when she signed her visa applications, not knowing the paperwork said she was going overseas as a domestic worker, a B.C. Supreme Court judge heard Thursday.

The 26-year-old woman from Tanzania testified that in 2008, Mumtaz Ladha, the Vancouver woman accused of forcing her into domestic servitude, asked her to come to Canada for six months.

She refused because she didn't want to leave her son, she testified.

The woman, who can't be named because of a publication ban, said Ladha then offered her a job in Canada that would pay her $200 a month.

"She told me that she's going to open a salon (in Canada), and I'm going to do manicures, pedicures and massages," the woman said through a Swahili interpreter.

She said she accepted the job to support her family. The salary was much more than what she had earned up until 2005 in Africa as a housekeeper for Ladha, who splits her time between Tanzania and Canada, and then later as an employee in Ladha's beauty salon in Dar es Salaam, she said.

Crown counsel is alleging that the promised salon job never existed and that upon arrival in Canada the woman was forced to work around the clock with no pay as a maid in Ladha's lavish West Vancouver home.

The 60-year-old has pleaded not guilty to four counts under the Immigration Act.

THE CANADIAN PRESS

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Toronto cop guilty of assault with a weapon

G20. Judge said the officer was trying to 'justify his blows' when he claimed only to be responding to resistance

Assault victim Adam Nobody
ALLISON JONES/THE CANADIAN PRESS

The criminal conviction of a Toronto police officer for assaulting a protester during the G20 summit three years ago is being hailed as a victory for the hundreds of demonstrators who were rounded up and arrested that weekend.

Const. Babak Andalib-Goortani was convicted Thursday of assault with a weapon after a judge found he used excessive force during the arrest of protester Adam Nobody on June 26, 2010, at the legislature.

Andalib-Goortani didn't need to forcefully jab Nobody with his baton several times as his fellow officers were trying to cuff the man, Ontario Superior Court Judge Louise Botham found.

"A police officer is not entitled to use unlimited force to affect an arrest," she said.

Video of Nobody's arrest shows him on the ground with officers piled on top of him. Andalib-Goortani's explanation "that he was responding to Adam Nobody's resistance is nothing more than an after-the-fact attempt to justify his blows," said the judge. Nobody clapped as the verdict was announced. A sentencing hearing is set for Nov. 8. THE CANADIAN PRESS

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DEA says 30 kilos of cocaine was headed for Alberta town

Seven charged. Most accused believed to be members of a Mexican Mennonite community with ties to infamous Juarez drug cartel

JEREMY NOLAIS
Metro in Calgary

American drug-enforcement officers allege a southeast Alberta hamlet was the destination for a haul of cocaine being moved through a pipeline involving the Mennonite community and a notorious Mexican cartel.

The Drug Enforcement Administration (DEA) laid charges against seven people in relation to the alleged trafficking operation this week. It's believed all but one of the accused were members of a Mexican Mennonite community in the state of Chihuahua and had direct links to the Juarez drug cartel, widely considered to be one of the most brutal criminal organizations in the world.

The drug bust involved 11,000 pounds of marijuana that agents believe was to be distributed to various states in the U.S. and 30 kilograms of cocaine that DEA Assistant Special Agent in Charge Kevin Merrill said was bound for Grassy Lake, Alta., a small hamlet located about an hour east of Lethbridge.

"We had targets that we had identified through phone records that they were talking to up there," he said, adding more charges in connection with the drug bust were possible.

Merrill indicated his organization worked with Canadian authorities, but a request for comment from RCMP's federal communications office had not been returned at press time.

Mennonites are members of a church that has been around for nearly 500 years, according to a national website.

"Today, you won't recognize most Mennonites by how they dress," the posting reads. "But you will find vibrant Mennonite congregations through rural areas, small towns and large cities across Canada and throughout the world."

Southeastern Alberta in particular became a common migration point for Mennonites from Mexico and Bolivia in the 1990s. According to 2001 census data, the total Mennonite population in Alberta was 22,785 and in some smaller towns and hamlets, including Grassy Lake, the community can account for up to three-quarters of the population.

Merrill said Mexican cartels tend to rely on family ties or close friends when it comes to their trafficking operations because "it limits the number of people, if they get arrested, that will co-operate against them."

Outrage in Kashmir

Indian policemen detain Kashmiri supporters of the Awami Ittehad Party during a protest against a fatal paramilitary shooting in the disputed territory in Srinagar, India, Thursday. Shopian District Deputy Commissioner Bashir Ahmed Bhat said a man was killed Wednesday when forces fired pellets at protesters. Residents insist the troops were firing bullets.

MUKHTAR KHAN/THE ASSOCIATED PRESS

Florida. Charges possible after suicide of 12-year-old girl who was cyberbullied

A 12-year-old girl committed suicide after she was bullied online by more than a dozen girls, and a sheriff said Thursday that he is investigating whether he can file charges under a new Florida cyberbullying law.

Sheriff Grady Judd said that Rebecca Ann Sedwick jumped to her death on Monday. Investigators say the girl was despondent after others had posted hate messages about her online. Sedwick was "absolutely terrorized on social media," Judd said.

The Lakeland Ledger reports that detectives found multiple social-media applications where Sedwick was constantly bullied with messages, including "Go kill yourself," and "Why are you still alive?"

He said parents of all 15 girls have co-operated with detectives and several cellphones and laptops have been confiscated. Judd said charges could be filed — including cyberstalking.

"If we can get any evidence of a criminal offence, the person or persons involved will be punished," he said.

THE ASSOCIATED PRESS

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Best practices

Universities watch and take notes

James Sanford, executive director of student services at Acadia University in Wolfville, N.S., said he expects many school administrators are closely watching Saint Mary's.

The university reviewed its programs after a 19-year-old student died in 2011 following a night of heavy drinking during frosh week.

Acadia introduced strict rules to combat excessive drinking, while promoting dry events like movie or games nights during orientation.

Ryan Flanagan, director of student affairs at Carleton University in Ottawa, said the administration became more involved in orientation after student-leadership concerns in 2010, which he wouldn't discuss.

"It's becoming the exception, not the norm, that universities aren't having a more significant role," he said.

"If student associations are going to run it, I think you're taking on a risk."

THE CANADIAN PRESS

Protesters gather in the SMU quad Thursday to voice their displeasure with a frosh-week chant. JEFF HARPER/METRO IN HALIFAX

Rally seeks to remind country of rape culture beyond SMU

Wider discourse. SMU got caught with chant, but does not own the problem, poet declares

ALY THOMSON
For Metro in Halifax

An organizer of a rally promoting consensual sex at Saint Mary's University in Halifax says the attitudes on campus surrounding rape and equality need to change.

The rally came after the scandal caused by a frosh event in which hundreds of students took part in a chant that glorified the rape of underage girls.

Roughly 150 people attended Thursday's rally.

Lewis Rendell, 20, said she hoped the incident would spark a wider discussion about rape culture.

Before reading an impassioned poem about a rape victim, Halifax poet laureate El Jones declared that "the problem doesn't belong to SMU."

"SMU didn't create rape culture," Jones told the crowd. "SMU got caught, but everybody else has been doing it."

The chant prompted the resignation of the president of the SMU Students' Association.

According to the university, two student organizers are facing disciplinary action and roughly 80 student leaders will undergo sensitivity training.

Rendell, a board member of the SMU Women's Centre, added that the rally was also protesting the administration's response to the scandal.

A spokesman for SMU said in an email that the school is working with the centre to strengthen their relationship. Steve Proctor said a member of the centre has agreed to sit on the President's Council.

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On the move. Growing number of employees are standing, walking, cycling through the day at active stations

Glued to your desk at work? Cross that off the list of excuses for not having time to exercise.

A growing number of Americans are standing, walking and even cycling their way through the workday at treadmill desks, standup desks or other moving workstations. Others are forgoing chairs in favour of giant exercise balls to stay fit.

Walking on a treadmill while making phone calls and sorting through emails means "being productive on two fronts," said Andrew Lockerbie, senior vice-president of benefits at Brown & Brown, a global insurance consulting firm.

Lockerbie can burn 350 calories a day walking about five to six kilometres on one of two treadmill desks that his company's Indianapolis, Ind., office purchased earlier this year.

"I'm in meetings and at my desk and on the phone all day," he said. "It's great to be able to have an option at my work to get some physical activity while I'm actually doing office stuff. You feel better, you get your blood moving, you think clearly."

It's been a decade since scientific studies began to show that too much sitting can lead to obesity and increase the risk of developing diabetes, high blood pressure and heart disease. Even going to the gym three times a week doesn't offset the harm of being sedentary for hours at a time, said Dr. James Levine, an endocrinologist at the Mayo Clinic.

THE ASSOCIATED PRESS

Josh Baldonado, an administrative assistant at Brown & Brown Insurance, works at a treadmill desk at an office in Carmel, Ind. MICHAEL CONROY/THE ASSOCIATED PRESS

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OIL
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Natural gas: $3.64 US (+7¢)
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Telecom. Vodafone UK CEO to head up Rogers

The chief executive of U.K.-based Vodafone Group has been hired as the new president and CEO of Toronto's Rogers Communications Inc. and plans to take over just ahead of a wireless auction that will see Canada's telecom companies compete for radio waves to expand their cellphone networks.

Guy Laurence, 52, will take over in December as the top executive of Rogers, one of Canada's largest communications companies and its biggest wireless provider with about 10 million customers. He succeeds Nadir Mohamed, who had previously announced his retirement.

Guy Laurence
COURTESY ROGERS

Canaccord Genuity analyst Dvai Ghose said Laurence will need to both grow the wireless customer business and improve customer service. THE CANADIAN PRESS

Transparency issue

Pants problem lowers Lululemon profit outlook

Lululemon Athletica is lowering its 2013 profit and revenue outlook as efforts to improve the quality of its black Luon yoga pants have delayed the delivery of fall products to stores. The company pulled the pants from store shelves this spring because they were found to be see-through.

THE CANADIAN PRESS

Tech turnaround

Yahoo claims to have 800M users

Yahoo CEO Marissa Mayer says the Internet company now has about 800 million worldwide users, a 20 per cent increase since she was lured away from Google 15 months ago to steer a turnaround. The gain disclosed Wednesday at a technology conference in San Francisco is the latest evidence of the progress that Yahoo is making under Mayer's leadership.

THE ASSOCIATED PRESS

Social media

Twitter files IPO documents

Twitter is going public. The micro-messaging service says it has filed confidential documents for an initial public offering of stock. The firm posted on its own Twitter account that it has "confidentially submitted an S-1 to the SEC for a planned IPO." Twitter's IPO has been long expected. The firm has been ramping up its advertising products and working to boost ad revenue. THE ASSOCIATED PRESS

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BY GEORGE! WHAT A CURSE

THE METRO LIST

Paul Sullivan
metronews.ca

Those lazy, hazy, crazy days of summer are over, and now it's time to pay attention. So, if you're wondering what to pay attention to …

1 **Charter chowder.** The Parti Québécois unveils its "charter of values," banning the wearing of religious symbols on the job for the province's civil servants. No burkas or turbans or yarmulkes, please. The charter has already claimed its first victim, MP Maria Mourani, who was kicked out of the Bloc Québécois caucus for daring to disagree with her fellow separatists, calling the charter a "political miscalculation." It is that, never mind what else it is.

2 **iPhone.** Apple unveils its latest iPhones to the usual media frenzy. One is "cheap," just under 100 bucks in the U.S., while the other is so expensive, it induces nosebleeds. But you can lock it with your fingerprint, so you'll never have to worry about forgetting your passcode as it comes permanently attached.

3 **Hockey Night in Canada, almost.** The boys of summer are still out there tearing up the grass, but the boys of winter are already back at the rink getting ready for a 1,230-game season that culminates on April 13, 2014, in the final game between the Dallas Stars and the Phoenix Coyotes. And then the playoffs begin. Are you ready for some, er, a lot of hockey?

4 **Harry Potter sequel — NOT.** Hollywood is rocking with the news that Harry Potter author J.K. Rowling is going to write her first screenplay about the world of wizards. Too bad it's about Fantastic Beasts and Where to Find Them, which really has nothing to do with Harry Potter, "the boy who lived," presumably to spawn a sequel … someday. Rowling seems to have a perverse need to deny her millions of fans the one thing they do want. Curses! As in Avada Kedavra!

5 **From Russia, with petulance.** Russian President Vladimir Putin has the nerve to preach to America about being good global citizens and avoiding military action in Syria in an op-ed piece in the New York Times. His article has the unanticipated side-effect of doing what President Obama has never been able to do: Unite the fractious U.S. Congress. A Republican senator believes Ronald Reagan is turning over in his grave, while a Democratic senator said the article nearly made him vomit. No word on a sequel.

6 **Ain't gonna study war no more.** After flying 156 missions and helping to rescue 149 people, Prince William is retiring from his job as a U.K. military rescue chopper pilot after seven-and-a-half years. He will now shift his focus to rescuing endangered animals — he has recorded a video calling for an end to the ivory and rhino horns trade. Presumably his other hazardous duty will include getting up in the middle of the night to change the royal diapers on baby George.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Vitruvian-style amphibian aims high

COURTESY NASA

Frog launches with NASA rocket

Frogs have been sautéed, baked and deep-fried. But not until the latest NASA moon launch has one ever been seen blasted by a rocket.

The likely unfortunate event occurred Sept. 6, when a frog got an unexpected front-row seat to the liftoff of NASA's lunar explorer, known as LADEE. When the rocket unleashed its 361,000 pounds of thrust, more than the spacecraft took off.

The moment was captured in an extraordinary photograph posted on NASA's website.

TORSTAR NEWS SERVICE

Soft landing?

"Currently, LADEE is doing well, but we're not certain about the frog's fate." NASA spokesman Allard Beutel

The image isn't altered

- NASA said the photo is authentic. It was taken by a remote NASA camera triggered by sound.
- NASA's mission is on its way to the moon. It will gather information about the lunar atmosphere, surface conditions and lunar dust.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Instagram video may be the ideal destination for finding bad behaviour from unsavoury characters, but Vine remains the undisputed champion for weirdos and their typically hilarious but always high-concept gems.

ISTOCK

@Keelayjams:
Armed with a stable of celebrity cardboard cutouts and an absurd number of Motorola RAZRs, Keelayjams takes a small apartment and the streets of New York and turns them into an often surreal funhouse.

@Electrolemon:
Aside from running an infinitely retweetable Twitter account, the "cover model for idiot magazine" also happens to be a reliably funny source for six-second skits.

@MarloMeekins:
The comedienne is likely as close as we get to a bona fide Vine celebrity, and it's a well-earned designation. She's an especially worthy follow if you're a fan of dogs in doctor costumes.

Twitter

@metropicks asked: .@ariannahuff redefines the office with naps, yoga, meditation. What perks do you want at work?

@Cavemanbiff: 3 day weekend!

@MTanzN: so piggy backing off the male run corp. that is google, they already did what you proclaim

@qendresa: healthy snacks such a fresh fruit bowl/tray every day would be nice

Follow @metropicks and take part in our daily poll.

Letters

RE: Rape Not One Of The Three R's, says Paul Sullivan, published Sept. 12

"The tongue of the wise commends knowledge, but the mouth of the fool gushes folly." In wake of the "pro-rape chant" disgrace at SMU and UBC lately, it seems evident to me that universities have become hotbeds of foolishness, instead of the bastions of wisdom. I agree that the university leadership's reaction is one similar to the deer in headlights. They've long known that stupid behaviour such as this has been around the campus — it's only now that it gets widespread public attention outside that they act.
Roland Derksen, Vancouver

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Synopsis

Once again the story focuses on the Lambert family — wife Renai (Rose Byrne), husband Josh (Patrick Wilson), kids Dalton and Foster (Ty Simpkins and Andrew Astor) and grandma Lorraine (Barbara Hershey). After the haunting events of the first movie they have moved in an effort to put the past behind them. Unfortunately they can't escape the ghosts who are attracted to what Josh has — life! Increasingly terrifying encounters with spirits threatens not only Josh's safety but the safety of everyone who comes into contact with him.

- Richard: ●●○○○
- Mark: ●●○○○

Patrick Wilson stars in Insidious: Chapter 2. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Where are the scares?

Insidious: Chapter 2.

A confusing story and clunky dialogue get in the way of the thrills and chills in James Wan's film

Richard: Mark, jumping around in time and between the realm of the living and the great beyond, this story will be confusing to anyone who hasn't seen the original. But say what you will about the storytelling, no one else makes mainstream horror films like James Wan. Maybe it's best to think of Insidious: Chapter 2 as like taking a walk through a haunted house. The exhilaration comes from the scares, not the walk. Did it make your spine tingle?

Mark: No, Richard, I was too busy trying to decipher what was going on. My spine doesn't tingle when it's exhausted. I do think Wan was ambitious in juggling all those space and time plots, and his atmospherics were first rate. But I actually might criticize the acting here — there were a lot of clunky line readings. Lin Shaye, however, as the ghostly clairvoyant, steals the picture whenever she's onscreen. And Barbara Hershey? Hottest grandma ever!

RC: Ha! There may be the odd clunky line reading, but with her delicate features and downturned mouth, Rose Byrne does shock face like no one else. I also liked Patrick Wilson. He looks like the clean-cut guy next door, but when he's inhabited by evil spirits, boy, does he get ornery! I also liked that it was a horror film that doesn't rely on gore to get a rise out of the audience. The plasma budget must have been practically zero, but what it lacks in gore it makes up for in smoke, shadows and eerie red doors.

MB: Yes, no gore; Wan has certainly moved on from Saw. But what you call shock face I might call overacting, and seeing Patrick Wilson cast against type is a bit of a mixed blessing. But in the end, it's still a story about possession and hauntings, and we might just be at the saturation point of the genre. The creaky old house doesn't help. Someday someone's going to set a film like this in an airy modernist penthouse, illustrating the horrors of light and white leather sofas.

RC: And they'll call it A Haunting at Ikea: The Mournful Tale of Billy the Wobbly Bookcase! I think I'll stick to the old school creaky house with a dark basement for ghouls to hide in.

MB: Dark basements are scary, but so are balconies on the 40th floor. I'm not sure where I'd find the ghouls more dangerous!

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Finding the Canadian in Kurt

The Art of the Steal. Jay Baruchel had a great time on set with co-star Kurt Russell

RICHARD CROUSE
scene@metronews.ca

The Art of the Steal opens in theatres next Friday. CONTRIBUTED

"You show up on set and you look over here and there's Kurt Russell and there's Terence Stamp," says Jay Baruchel of shooting his new film The Art of the Steal. "And you think, 'I have a pretty cool gig.'"

The heist film sees Kurt Russell and Matt Dillon as Crunch and Nicky Calhoun, brothers and art thieves who haven't worked together since Nicky snitched on Crunch and sent him to prison. Years later they team up to steal one of the world's rarest books, but will the job lead to more double-crossing?

Baruchel co-stars in this twisty-turny movie as Crunch's sidekick and protégé, which meant he got to spend a great deal of time with Russell.

"It's one of these things where if we didn't get along at all we would find a way to fake it but what really helped is that we were two Chatty Cathys. I would ask him every conceivable thing. Every John Carpenter story. Stuff about Tango and Cash. Stuff about Tombstone, one of my very favourite movies of all time.

"He was cool to talk about all of it so whenever cut was called Kurt and I would go outside and have a cigarette and talk. We talked about everything. We talked about politics. We talked movies, sports. He's a Canadianophile as well, so the man has some real Canadian bona fides. So when it comes time to say action, there's an energy, a connection, a shorthand because we enjoy one another's company.

"It can be faked, but it's way less fun and way more work."

Working with one of his heroes wasn't the only reason Baruchel signed on.

"Like any job I take, I look at the opportunity," he says. "I look at who I'm going to work with, what it's about and where it's going to be and would I pay money to see it. This checked every box on my criteria."

Chief among those yardsticks is a strong Canadian element. The actor is a vocal supporter of the homegrown industry who says, "We need to make more movies here that take place here and we will not hide our Canadianness."

The Art of the Steal fits the bill. It was shot in Niagara Falls, a place he calls "a very specific part of the world, equal parts gorgeous and seedy and strange and disarming. The whole thing is a back lot. You put a camera there anywhere and you have production value up your ass."

Quoted

"We talked about everything. We talked about politics. We talked movies, sports. He's a Canadianophile."
Jay Baruchel on Kurt Russell

Action/Comedy

The Family

Director. Luc Besson

Stars. Robert De Niro, Michelle Pfeiffer

This fish-out-of-water story sees The Manzonis: Maggie (Michelle Pfeiffer), Belle (Diane Argon), Warren (John D'Leo) and father, hit-man-turned-stoolie Giovanni (Robert De Niro), in witness protection in Normandy. Overseen by an FBI handler (Tommy Lee Jones), they try and fit in. Trouble is, they don't blend. The Family is a Bobby D mob flick, so it isn't terrible, and co-star Michelle Pfeiffer, brings back fond memories of Married to the Mob, but the film teases us with visions of De Niro in gangster mode and lets us down with a paint-by-numbers story. RICHARD CROUSE

Crime/Drama

Passion

Director. Brian De Palma

Stars. Rachel McAdams, Noomi Rapace

It's unclear whether the joke is on audiences or director Brian De Palma when watching this campy thriller about two female co-workers fighting for a plum company position. The veteran director of psycho-sexual fare may have returned to features after a five-year absence, but fails to return to form. Even a heartfelt performance from Rachel McAdams as the boss and jilted lover of Noomi Rapace cannot salvage what starts out as a sort of Cruel Intentions set in Germany and quickly turns into a B-movie mess with interminable dream sequences, labyrinth-like plot and weak resolution.
MANORI RAVINDRAN

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Jennifer Aniston. Actress talks her latest role and the cult of celebrity

In the new comedy We're the Millers, the Friends star, now 44, plays an aging stripper who pretends to be a mom, to help a schlub (Jason Sudakis) smuggle weed out of Mexico. The film has proven a monster hit, making the actress big again at the multiplex. Metro's papers in Mexico recently sat down with Jennifer Aniston to talk about the film.

You're in the tabloids a lot. What do you dislike most about fame?
That people see artists as gods, when we are simple humans. It seems that our life, it's part of the development of the world — that if I get married, if I am mad with somebody, if I am pregnant … that shouldn't be that important. I think people should pay more attention to other stuff, because nothing is what it seems; we are not as magnificent as you might think.

Your character in the film, Rose, doesn't leave much to the imagination.
The character is a stripper and I have to do a sensual dance. I have been in several clubs and had an amazing choreographer who taught me this beautiful dance I perfected for weeks and weeks. It wasn't easy to do it; I was quite intimidated, but in the end I think it wasn't so bad, is it?

FROM THE PRODUCER OF "TAKEN"

ROBERT DE NIRO MICHELLE PFEIFFER AND TOMMY LEE JONES

THE FAMILY

BASED ON THE NOVEL MALAVITA BY TONINO BENACQUISTA
SCREENPLAY BY LUC BESSON AND MICHAEL CALEO DIRECTED BY LUC BESSON

14A SEXUALLY SUGGESTIVE SCENE, VIOLENCE

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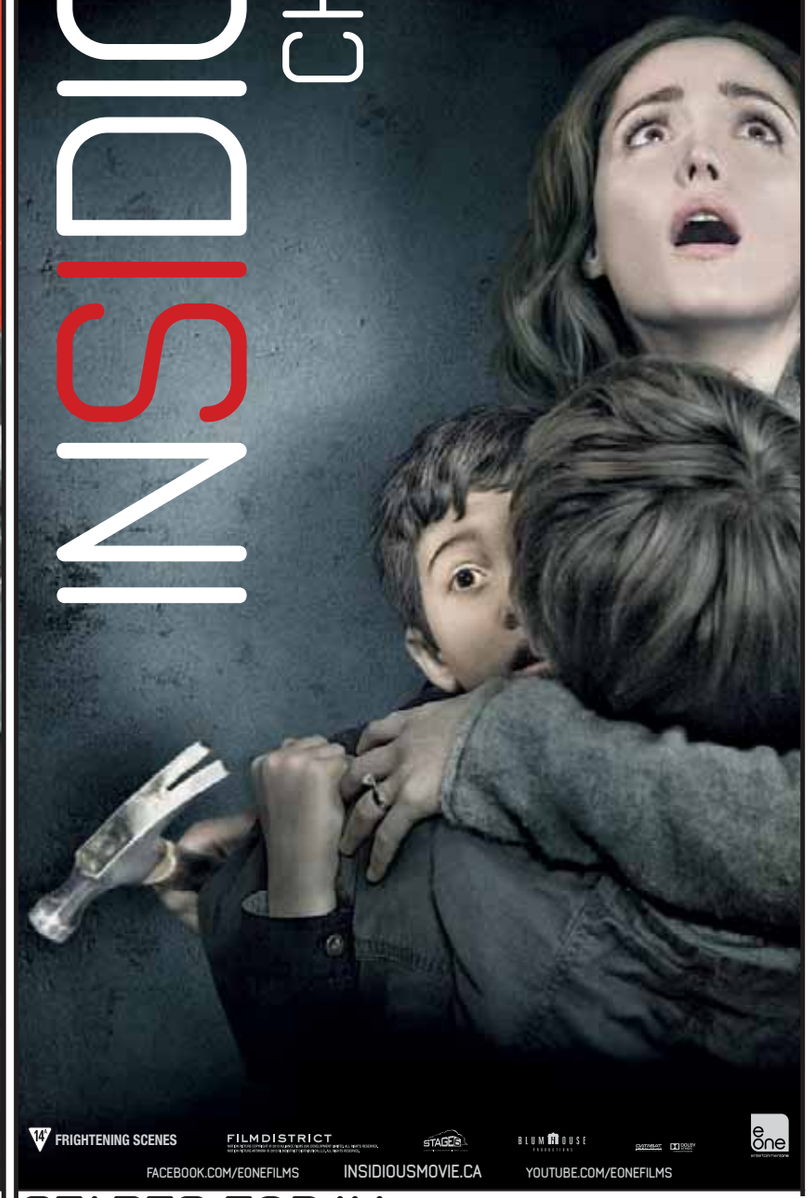
STARTS TODAY Check Theatre Directory for Locations & Showtimes.

INSIDIOUS 2 CHAPTER

IT WILL TAKE WHAT YOU LOVE MOST.



14A FRIGHTENING SCENES

FILMDISTRICT STAGE 3 BLUMHOUSE eone

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STARTS TODAY Check Theatre Directory for Locations & Showtimes.

ENTERTAINMENT ONE eone

THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 13 TO THURS., SEPT. 19 TIMES ARE SUBJECT TO CHANGE.

Dunbar Theatre
4555 Dunbar Street

The Family (14A) Fri 7-9:20 Sat-Sun 3:30-7-9:20 Mon-Thu 7-9:20

Fifth Avenue Cinemas
2110 Burrard Street

Adore (14A) Fri-Thu 1:30-4:15-6:50-9:25
The Family (14A) Fri-Thu 1:15-4:25-7:10-9:45
In a World... (PG) Fri-Thu 1:40-4-7-9:20
Lee Daniels' The Butler (PG) Fri-Thu 12:45-3:40-6:35-9:30
The Spectacular Now (14A) Fri-Sun 1:50-4:40-7:20-9:40 Mon 1:50-4:40-9:40 Tue 1:50-4:40-7:20-9:40 Wed 1:50-4:40-9:40 Thu 1:50-4:40-7:20-9:40

Pacific Cinémathèque
1131 Howe Street

The 5,000 Fingers of Dr. T. (STC) Sun 1
Les Amants du Pont-Neuf (STC) Sun 6:30
Boy Meets Girl (STC) Fri 6:30 Sat-Sun 8:50
Heartbeats (STC) Mon 8:20 Thu 6:30
I Killed My Mother (STC) Mon 6:30 Thu 8:30
In Our Name (STC) Wed 7:30
Mauvais sang (STC) Fri 8:30 Sat 6:30
No Films Showing Today (STC) Tue

Park Theatre
3440 Cambie Street

Blue Jasmine (PG) Fri 4:30-6:50-9:05 Sat 2:15-4:30-6:50-9:05 Sun 2:15-4:30-6:50-9 Mon-Thu 4:35-6:50-9

Rio on Broadway
1660 E. Broadway

No Films Showing Today (STC) Tue
Passion (14A) Fri 11:30 Sat-Mon 6:45 Wed 4 Thu 6:45
The World's End (14A) Sat 9:15-11:30

Scotiabank Theatre Vancouver 900 Burrard St.

Becoming Traviata (STC) Sat 12:55
Elysium (14A) Fri-Sun 12:05-2:45-5:20-8-10:40 Mon-Tue 2:05-4:55-7:35-10:15 Wed 1:20-4:10-7:35-10:15 Thu 2:05-4:55-7:35-10:15
The Family (14A) Fri-Sun 12-2:35-5:15-7:55-10:35 Mon-Thu 2:20-5-7:40-10:20
Insidious: Chapter 2 (14A) Fri-Sun 2:20-4:55-7:30-10:05 Mon-Thu 2:15-4:55-7:30-10:05 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 2:45-5:20-7:55-10:30
Riddick (18A) Fri 1:20-2-4:10-4:50-7-7:40-9:50-10:30 Sat 1:20-1:40-4:10-4:50-7-7:40-9:50-10:30 Sun 1:20-2-4:10-4:50-7-7:40-9:50-10:30 Mon-Wed 1:20-2-4:10-4:50-7-7:45-9:50-10:30 Thu 1:20-2-4:10-4:50-7:45-9:50-10:30
Swan Lake Mariinsky Live 3D (STC) Wed 7
We're the Millers (14A) Fri-Thu 1:50-4:40-7:25-10:20
The Wolverine (14A) Fri 1:15 Sun-Thu 1:15
The Wolverine 3D (14A) Fri-Tue 4:20-7:15-10:10 Wed 4:20-10:10 Thu 4:20-7:15-10:10
The World's End (14A) Fri-Tue 1:55-4:45-7:45-10:25 Wed 1:15-4:05-10:25 Thu 1:55-4:45-7:45-10:25

Esplanade 6
200 West Esplanade

Elysium (14A) Digital Presentation Fri 6:40-9:40 Digital Presentation Sat-Sun 12:40-3:40-6:40-9:40 Digital Presentation Mon-Thu 6:40-9:40
The Family (14A) Digital Presentation Fri 6:50-9:30 Digital Presentation Sat-Sun 12:50-3:50-6:50-9:30 Digital Presentation Mon-Thu 6:50-9:30
Lee Daniels' The Butler (PG) Digital Presentation Fri 6:30-9:25 Digital Presentation Sat-Sun 12:30-3:30-6:30-9:25 Digital Presentation Mon-Thu 6:30-9:25
Planes (G) Digital Presentation Sat-Sun 1-3:55
Riddick (18A) Digital Presentation Fri 6:35-6:55-9:30-9:45 Digital Presentation Sat-Sun 12:55-4-6:35-6:55-9:30-9:45 Digital Presentation Mon-Thu 6:35-6:55-9:30-9:45
We're the Millers (14A) Digital Presentation Fri 6:45-9:35 Digital Presentation Sat-Sun 12:45-3:45-6:45-9:35 Digital Presentation Mon-Thu 6:45-9:35

Park & Tilford
333 Brooksbank Ave.

Blue Jasmine (PG) Fri 7:10-9:30 Sat-Sun 1:30-4:20-6:45-9:20 Mon-Thu 7:10-9:30
Star & Strollers Screening Thu 1
Closed Circuit (PG) Fri 7:40-10 Sat-Sun 2:20-4:45-7:15-9:55 Mon 10:20 Tue 7:40-10 Wed 10 Thu 7:40-10
Despicable Me 2 3D (G) Sat-Sun 2
Insidious: Chapter 2 (14A) Fri 7:30-10:05 Sat-Sun 2:30-5:05-7:40-10:15 Mon-Thu 7:30-10:05 It's a Mad, Mad, Mad, Mad World (G) Mon 6:30
The Mortal Instruments: City of Bones (PG) Fri 7-9:50 Sat-Sun 1:10-4:10-7:10-10:10 Mon-Thu 7-9:50 Star & Strollers Screening Thu 1
One Direction: This Is Us - Extended Fan Cut (STC) Sat-Sun 1:45
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 7:15-9:45 Sat-Sun 4:15-7-9:30 Mon-Thu 7:15-9:45
Percy Jackson: Sea of Monsters 3D (PG) Fri 7:20-10 Sat-Sun 4:40-7:20-9:50 Mon-Thu 7:20-10

SilverCity Riverport
14211 Entertainment Way

Becoming Traviata (STC) Sat 12:55
Blue Jasmine (PG) Fri-Sun 12:35-3:05-5:35-8:05-10:35 Mon-Wed 1:35-4:15-7:20-10:05 Thu 4:15-7:20-10:05 Star & Strollers Screening Thu 1
Despicable Me 2 (G) Fri-Sun 12:25-3 Mon-Thu 1:50
Despicable Me 2 3D (G) Fri-Sat 5:35-8:05 Sun 5:35 Mon-Tue 4:30-7 Wed 4:30 Thu 4:30-7
Elysium (14A) Fri-Sun 12-2:40-5:20-8-10:45 Mon-Thu 2:05-4:45-7:25-10:05
The Family (14A) Fri 12-2:40-5:20-8-10:40 Sat 11:30-12-2:40-5:20-8-10:40 Sun 12-2:40-5:20-8-10:40 Mon-Thu 1:30-4:15-7:15-10
The Grandmaster (PG) Fri-Sun 4:20-7:25-10:35 Mon-Thu 4:10-7:15-10:25
Insidious: Chapter 2 (14A) Fri-Sun 1:30-4:30-7:30-10:10 Mon-Thu 1:30-4-7-9:30 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 2-5-7:45-10:30
It's a Mad, Mad, Mad, Mad World (G) Mon 6:30
Lee Daniels' The Butler (PG) Fri-Sun 1:15-4:15-7:15-10:15 Mon-Thu 1:30-4:30-7:30-10:30
Monsters University 3D (G) Fri-Sun 1:10 Mon-Thu 1:50
The Mortal Instruments: City of Bones (PG) Fri-Sun 1:45-4:45-7:45-10:45 Mon-Wed 1:30-4:25-7:20-10:15 Thu 4:25-7:20-10:15 Star & Strollers Screening Thu 1
Nothing Left to Fear (14A) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri-Sun 12:40-3:05 Mon-Thu 2:30
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri-Sun 5:25-7:45-10:05 Mon-Thu 5-7:30-9:50
Pacific Rim 3D (PG) Fri-Sun 10:35 Mon-Tue 9:45 Wed 10:20 Thu 9:45
Percy Jackson: Sea of Monsters (PG) Fri-Sun 11:55-2:35 Mon-Thu 1:55
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 5:10-7:45-10:20 Mon-Thu 4:35-7:20-10:05
Planes (G) Fri-Sun 12:10-2:35 Mon-Thu 2:30
Planes 3D (G) Fri-Sun 5:05-7:30-9:50 Mon-Thu 4:50-7:25-9:45
Riddick (18A) Fri-Thu 2-4:50-7:40-10:30
Riddick: The IMAX Experience (18A) Fri-Sun 1:10-4-7-9:50 Mon-Wed 1:30-4:20-7:10-10 Thu 1-7:10-10
The School of Rock (G) Sat 11
The Smurfs 2 (G) Fri-Sun 12-2:35-5:10-7:45 Mon-Thu 1:45-4:30-7:20
Swan Lake Mariinsky Live 3D (STC) Wed 7
This Is the End (18A) Fri 12:15-2:50-5:25-8-10:40 Sat 2:50-5:25-8-10:40 Sun 12:15-2:50-5:25-8-10:40 Mon 1:55-4:30-10:05 Tue-Wed 1:55-4:30-7:15-10:05 Thu 1:55-4:30-10:05
Turbo (G) Fri 1:40 Sat 11:15-1:40 Sun-Thu 1:40 We're the Millers (14A) Fri-Thu 2:10-4:50-7:40-10:30
The Wolverine 3D (14A) Fri-Sat 4:15-7:15-10:25 Sun 7:40-10:25 Mon-Thu 4:30-7:30-10:25
The World's End (14A) Fri 12:15-2:50-5:20-7:50-10:40 Sat 12:15-3:45-7:50-10:40 Sun 12:15-2:50-5:20-7:50-10:40 Mon-Thu 1:30-4-7:40-10:20
WWE Night of Champions - 2013 (STC) Sun 5 You're Next (18A) Fri-Sun 10:30 Mon-Thu 10

Dolphin Cinemas
4555 E. Hastings St.

Despicable Me 2 (G) Fri 4:40 Sat-Sun 12:30-2:35-4:40 Mon-Thu 4:40
The Mortal Instruments: City of Bones (PG) Fri-Thu 6:40-9:10
Planes (G) Sat-Sun 12:30-2:30
We're the Millers (14A) Fri-Thu 4:30-6:50-9:10

SilverCity Metropolis
4700 Kingsway Ave.

Despicable Me 2 (G) Fri 1:45 Sat 11:20-1:45 Sun 11:30-1:50 Mon-Thu 1:15
Elysium (14A) Fri 2:25-5:10-7:50-10:30 Sat 11:45-2:25-5:10-7:50-10:30 Sun 11:40-2:15-4:40-7-10 Mon-Thu 1:55-4:40-7:20-10
The Family (14A) Fri 2:40-5:20-8-10:40 Sat 12-2:40-5:20-8-10:40 Sun 11:30-2:10-4:50-7:30-10:10 Mon-Thu 2:10-4:50-7:30-10:10
Insidious: Chapter 2 (14A) Fri 1-3:25-5:50-8:15-10:45 Sat 12:25-3-5:35-8:10-10:45 Sun 11:55-2:30-5:05-7:40-10:15 Mon-Thu 2:30-5:05-7:40-10:15
Kick-Ass 2 (14A) Fri-Sat 10:35 Sun-Thu 10:05 Lee Daniels' The Butler (PG) Fri-Sat 1:15-4:15-7:15-10:15 Sun 12:45-3:45-6:45-9:45 Mon-Thu 1-4-7-10
The Mortal Instruments: City of Bones (PG) Fri-Sat 4:10-7:05-10:05 Sun 4:10-9:35 Mon-Tue 3:50-6:45-9:45 Wed 3:50-9:45 Thu 3:50-6:45-9:45
One Direction: This Is Us - Extended Fan Cut (STC) Fri 2:35 Sat 11:55 Sun 11:35 Mon-Tue 2:05 Wed 1:50 Thu 2:05
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri 5:05-7:40-10:10 Sat 2:35-5:05-7:40-10:10 Sun 2-4:35-7:10-9:40 Mon-Tue 4:35-7:10-9:40 Wed 4:20-7:10-9:40 Thu 4:35-7:10-9:40
Percy Jackson: Sea of Monsters (PG) Fri 2:30 Sat-Sun 11:50 Mon-Thu 2
Percy Jackson: Sea of Monsters 3D (PG) Fri 5:15-7:55 Sat 2:30-5:15-7:55 Sun 2:25-5-7:35 Mon-Thu 4:45-7:25
Riddick (18A) Fri 1:50-4:40-7:30-10:20 Sat 11:05-1:50-4:40-7:30-10:20 Sun 1:20-4:10-7-9:50 Mon-Thu 1:20-4:10-7:05-9:50
The School of Rock (G) Sat 11
We're the Millers (14A) Fri 2:10-4:50-7:25-10 Sat 11:30-2:10-4:50-7:25-10 Sun-Thu 1:40-4:20-6:55-9:30
The World's End (14A) Fri 2:20-5-7:45-10:25 Sat 11:40-2:20-5-7:45-10:25 Sun 2:05-7:20-9:55 Mon-Tue 1:50-4:30-7:15-9:55 Wed 7:15-9:55 Thu 1:50-4:30-7:15-9:55
WWE Night of Champions - 2013 (STC) Sun 5

SilverCity Coquitlam
170 Schoolhouse Street

Becoming Traviata (STC) Sat 12:55
Closed Circuit (PG) Fri 12:50-3:15-5:40-8:05-10:35 Sat 3:25-5:45-8:05-10:35 Sun 2:10-8:05-10:35 Mon 1:30-4-10:30 Tue 12:50-3:15-5:40-8:05-10:35 Wed 3:20-5:40-8:05-10:30 Thu 1-3:20-5:40-8:05-10:30 Star & Strollers Screening Wed 1
Despicable Me 2 (G) Fri 1:25 Sat 11:45-1:25 Sun-Thu 1:25
Despicable Me 2 3D (G) Fri-Tue 4:15-6:50 Wed 4:15 Thu 4:15-6:50
Elysium (14A) Fri 1:50-4:30-7:20-10 Sat 11:15-1:50-4:30-7:20-10 Sun-Thu 1:50-4:30-7:20-10 Fri-Sun 8 Mon 7:50 Tue 8 Wed-Thu 7:50
The Family (14A) Fri 12-2:40-5:20-8-10:40 Sat 11-12-2:40-5:20-8-10:40 Sun 12-2:40-5:20-8-10:40 Mon 2:10-4:55-7:40-10:20 Tue 12-2:40-5:20-8-10:40 Wed-Thu 2:10-4:55-7:40-10:20 Fri-Sun 1:15-4:20-7:10-10:05 Mon 4:20-7:10-9:55 Tue 1:15-4:20-7:10-10:05 Wed-Thu 4:20-7:10-9:55
Flu (14A) Fri-Thu 1:35-4:35-7:25-10:20
Insidious: Chapter 2 (14A) Fri-Sun 1:45-4:50-7:35-10:25 Mon 4:50-7:30-10:15 Tue 1:45-4:50-7:35-10:25 Wed-Thu 4:50-7:30-10:15 Fri-Sun 12:25-3-5:35-8:10-10:45 Mon 2:20-5:25-8-10:30 Tue 12:25-3-5:35-8:10-10:45 Wed-Thu 2:20-5:25-8-10:30
It's a Mad, Mad, Mad, Mad World (G) Mon 6:30
Lee Daniels' The Butler (PG) Fri-Thu 1:05-4:05-7:10-10:10 Fri-Sun 12:15-3:20-6:25-9:25 Mon 3:30-6:25-9:20 Tue 12:15-3:20-6:25-9:25 Wed-Thu 3:30-6:25-9:20
The Mortal Instruments: City of Bones (PG) Fri-Sat 12:55-3:55-7-10:05 Sun 1:30-4:45-9 Mon-Thu 12:55-3:55-7-10:05
One Direction: This Is Us - Extended Fan Cut (STC) Fri 1:45 Sat 11:10-1:45 Sun-Thu 1:45
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri-Thu 4:25-7:15-9:50
Percy Jackson: Sea of Monsters (PG) Fri-Sun 11:55-2:25 Mon 1:40 Tue 11:55-2:25 Wed-Thu 1:40
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 5-7:35-10:10 Mon 4:20-6:55-9:35 Tue 5-7:35-10:10 Wed-Thu 4:20-6:55-9:35
Planes (G) Fri 12:10-2:30 Sat 11:05-12:10-2:30 Sun 12:10-2:30 Mon 2:30 Tue 12:10-2:30 Wed-Thu 2:30
Planes 3D (G) Fri-Thu 4:45-7:05
Riddick (18A) Fri 2-4:50-7:40-10:30 Sat 11:10-2-4:50-7:40-10:30 Sun 2-4:50-7:40-10:30 Mon 1:55-4:45-7:35-10:25 Tue 2-4:50-7:40-10:30 Wed-Thu 1:55-4:45-7:35-10:25 Fri-Sun 12:45-3:50-6:50-9:45 Mon 3:50-6:50-9:40 Tue 12:45-3:50-6:50-9:45 Wed-Thu 3:50-6:50-9:40
The School of Rock (G) Sat 11
Swan Lake Mariinsky Live 3D (STC) Wed 7
The Terror Live (14A) Fri-Sun 12:40-3:05-5:30-7:55-10:20 Mon 2:25-4:50-7:15-9:40 Tue 12:40-3:05-5:30-7:55-10:20 Wed-Thu 2:25-4:50-7:15-9:40
This Is the End (18A) Fri-Tue 9:20 Wed 10:30 Thu 9:20
We're the Millers (14A) Fri-Tue 2-4:40-7:30-10:15 Wed 4:40-7:30-10:15 Thu 2-4:40-7:30-10:15 Fri-Sun 2:15-5:15-10:45 Mon 5:10-10:30 Tue 2:15-5:15-10:45 Wed-Thu 5:10-10:30 Star & Strollers Screening Wed 1
The Wolverine 3D (14A) Fri-Thu 9:30
The World's End (14A) Fri-Thu 2:15-5:05-7:45-10:25
WWE Night of Champions - 2013 (STC) Sun 5

Clova
5732-176th St. Surrey

Elysium (14A) Fri-Sat 7-9:10 Sun-Thu 7
Turbo (G) Sat-Sun 1:30

Hollywood 3 Cinema
7125-138th Street, Surrey,

2 Guns (14A) Fri-Thu 8:55
Despicable Me 2 (G) Fri 4:40-6:45 Sat-Sun 12:30-2:35-4:40-6:45 Mon-Thu 4:40-6:45
Getaway (PG) Fri-Thu 7
The Mortal Instruments: City of Bones (PG) Fri-Tue 6:30-9:05 Wed 9:05 Thu 6:30-9:05
The Smurfs 2 (G) Fri 4:05 Sat-Sun 12:30-2:40-4:05 Mon-Thu 4:05
Turbo (G) Fri 4:30 Sat-Sun 12:30-2:30-4:30 Mon-Thu 4:30
World War Z 3D (14A) Fri-Thu 8:50 5

Strawberry Hill Grande
12161-72nd Ave, Surrey

Chennai Express (PG) Fri-Sun 3:30-9:45 Mon-Thu 4:15-10:25
The Family (14A) Fri-Sun 12-2:40-5:20-8-10:40 Mon-Tue 2:25-5:15-7:55-10:30 Wed 5:15-7:55-10:30 Thu 2:25-5:15-7:55-10:30
Star & Strollers Screening Wed 1
Grand Masti (STC) Fri-Sun 12:35-3:40-6:50-10 Mon-Thu 3:40-6:50-10
Haani (PG) Fri-Thu 2:30-5:45-9
Insidious: Chapter 2 (14A) Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 2:35-5:20-7:50-10:25 Lee Daniels' The Butler (PG) Fri-Sun 1:15-4:15-7:15-10:15 Mon-Tue 1:15-4:10-7:15-10:15 Wed 4:10-7:15-10:15 Thu 1:15-4:10-7:15-10:15 Star & Strollers Screening Wed 1
One Direction: This Is Us - Extended Fan Cut (STC) Fri 12:30 Sat 11-12:30 Sun 12:30 Mon-Thu 2
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri-Sun 2:55-5:30-7:55-10:30 Mon-Thu 5:30-7:55-10:30
Riddick (18A) Fri-Sun 2-4:50-7:40-10:35 Mon-Thu 1:30-4:30-7:30-10:30
Satyagraha (PG) Fri-Sun 12:20-6:30 Mon-Thu 1:05-7:15
The School of Rock (G) Sat 11
Shuddh Desi Romance (PG) Fri-Sun 12:40-3:50-6:55-9:50 Mon-Thu 2:05-6-9:35 Viyah 70 KM (PG) Fri-Thu 1-4:05-7:05-10:10
We're the Millers (14A) Fri-Sat 2:10-4:45-7:35-10:20 Sun 1:30-10:20 Mon-Thu 2:10-4:45-7:35-10:20
WWE Night of Champions - 2013 (STC) Sun 5 Zanjeer (14A) Fri-Sun 12:45-3:45-7-10:05 Mon-Thu 3:45-6:55-10:05

Studio 12 Guildford
15051-101st Ave, Surrey

Ekstra (STC) , Fri 4:20-7-9:40 , Sat-Sun 1:40-4:20-7-9:40 , Mon 5:20-8 , Tue 4:20-7-9:40 , Wed-Thu 5:20-8
Elysium (14A) , Fri 4:15-6:45-9:20 , Sat-Sun 1:45-4:15-6:45-9:20 , Mon 5:45-8:40 , Tue 4:15-6:45-9:20 , Wed-Thu 5:45-8:40
The Family (14A) , Fri 4:35-7:20-10 , Sat-Sun 1:55-4:35-7:20-10 , Mon 5:40-8:30 , Tue 4:35-7:20-10 , Wed-Thu 5:40-8:30
Haani (PG) , Fri 4:30-7:45 , Sat-Sun 1:20-4:30-7:45 , Mon 5-8:15 , Tue 4:30-7:45 , Wed-Thu 5-8:15
Insidious: Chapter 2 (14A) , Fri 4:40-7:25-9:55 , Sat-Sun 1:50-4:40-7:25-9:55 , Mon 5:55-8:45 , Tue 4:40-7:25-9:55 , Wed-Thu 5:55-8:45
Lee Daniels' The Butler (PG) , Fri 4:25-7:15-10:10 , Sat-Sun 1:30-4:25-7:15-10:10 , Mon 5:15-8:10 , Tue 4:25-7:15-10:10 , Wed-Thu 5:15-8:10
One Direction: This Is Us (G) , Fri-Sun 4-9:10 , Mon 8:05 , Tue 4-9:10 , Wed-Thu 8:05
One Direction: This Is Us 3D (G) , Fri 6:30 , Sat-Sun 1:25-6:30 , Mon 5:35 , Tue 6:30 , Wed-Thu 5:35
Percy Jackson: Sea of Monsters (PG) , Fri 4:05 , Sat-Sun 1:35-4:05 , Tue 4:05
Riddick (18A) , Fri 3:55-6:40-7:30-9:30-10:15 , Sat-Sun 1:05-3:55-6:40-7:30-9:30-10:15 , Mon 5:05-5:50-7:50-8:35 , Tue 3:55-6:40-7:30-9:30-10:15 , Wed-Thu 5:05-5:50-7:50-8:35
Shuddh Desi Romance (PG) , Fri 3:50-6:50-9:50 , Sat-Sun 1-3:50-6:50-9:50 , Mon 5:30-8:20 , Tue 3:50-6:50-9:50 , Wed-Thu 5:30-8:20
Viyah 70 KM (PG) , Fri 4:10-7:10-10:05 , Sat-Sun 1:10-4:10-7:10-10:05 , Mon 5:10-8:25 , Tue 4:10-7:10-10:05 , Wed-Thu 5:10-8:25
We're the Millers (14A) , Fri 3:45-6:25-9 , Sat-Sun 1:15-3:45-6:25-9 , Mon 5:25-7:55 , Tue 3:45-6:25-9 , Wed-Thu 5:25-7:55

Rialto
1732-152nd Street, White Rock

Blue Jasmine (PG) Fri 7:10-9:05 Sat-Sun 2:10-7:10-9:05 Mon-Thu 7:10-9:05
Lee Daniels' The Butler (PG) Fri 7-9:20 Sat-Sun 2-7-9:20 Mon-Thu 7-9:20

Criterion 4 White Rock
2381 King George Highway

The Family (14A) Fri 7:10-9:30 Sat-Sun 2:10-7:10-9:30 Mon-Thu 7:10-9:30
Insidious: Chapter 2 (14A) Fri 7:25-9:40 Sat-Sun 2:30-7:25-9:40 Mon-Thu 7:25-9:40 Riddick (18A) Fri 7-9:25 Sat-Sun 2-7-9:25 Mon-Thu 7-9:25
We're the Millers (14A) Fri 7:20-9:35 Sat-Sun 2:20-7:20-9:35 Mon-Thu 7:20-9:35

Colossus Langley
20090-91A Ave, Langley

2 Guns (14A) Fri-Sun 2:45-5:25-8:10-10:45 Mon-Thu 7:25-10
Becoming Traviata (STC) Sat 12:55
Blue Jasmine (PG) Fri-Sun 12:15-2:45-5:10-7:35-10 Mon-Thu 3:55-6:50-9:30
Despicable Me 2 (G) Fri 1:35 Sat 11-1:35 Sun 1:35 Mon-Thu 4:15
Despicable Me 2 3D (G) Fri-Sun 4:15-6:55 Mon-Tue 6:55 Thu 6:55
Elysium (14A) Fri-Sun 12:05-2:40-5:20-8-10:40 Mon-Thu 4:20-7:25-10:05
The Family (14A) Fri-Sun 12-2:40-5:20-8-10:40 Mon-Thu 4:30-7:30-10:15
Getaway (PG) Fri 1:05-3:35-5:55-8:15-10:35 Sat 3:35-5:55-8:15-10:35 Sun 12:10-2:35-8:30-10:45 Mon 3:40-10:15 Tue-Wed 3:40-7:10-9:45 Thu 7:10-9:45
The Heat (14A) Fri-Sun 10:30 Mon-Thu 9:40 Insidious: Chapter 2 (14A) Fri-Sun 12:25-2:20-3-4:55-5:35-7:40-8:10-10:15-10:45 Mon-Thu 4:05-4:35-7-7:35-9:40-10:10 It's a Mad, Mad, Mad, Mad World (G) Mon 6:30
Kick-Ass 2 (14A) Fri-Sun 8:05-10:35 Mon-Thu 7:20-9:50
Lee Daniels' The Butler (PG) Fri-Sun 12:45-3:50-7:05-10:10 Mon-Thu 3:30-6:45-9:55 Monsters University (G) Fri-Sun 12 Mon-Thu 3:35
The Mortal Instruments: City of Bones (PG) Fri 1:15-4:15-7:15-10:20 Sat 11:10-1:15-4:15-7:15-10:20 Sun 11:10-1:15-4:15-7:15-10:20 Mon-Tue 4-7-10 Wed 7-10 Thu 4-7-10 Star & Strollers Screening Wed 3
Nothing Left to Fear (14A) Thu 7:30
One Direction: This Is Us - Extended Fan Cut (STC) Fri 2:05 Sat 11:20-2:05 Sun 2:05 Mon-Thu 4:20
One Direction: This Is Us 3D - Extended Fan Cut (STC) Fri-Sun 4:45-7:20-10:05 Mon-Thu 7:20-10:05
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12:05 Mon-Thu 3:45
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:15-7:50 Mon-Thu 6:50
Planes (G) Fri 12:10-2:30 Sat 11:30-12:10-2:30 Sun 12:10-2:30 Mon-Thu 4
Planes 3D (G) Fri-Sun 5-7:25-9:45 Mon-Thu 6:55-9:25
Riddick (18A) Fri-Sun 1:45-4:45-7:45-10:45 Mon-Thu 4:15-7:15-10:15
Riddick: The IMAX Experience (18A) Fri-Sun 1-4-7-10 Mon 6:45-9:45 Tue-Thu 3:45-6:45-9:45
The School of Rock (G) Sat 11
The Smurfs 2 (G) Fri 2:25-5:10 Sat 11:40-2:25-5:10 Sun 2:25-5:10 Mon-Thu 3:50
Swan Lake Mariinsky Live 3D (STC) Wed 7
This Is the End (18A) Fri-Sun 9:55 Mon-Tue 9:35 Wed 10:15 Thu 9:35
We're the Millers (14A) Fri-Sun 2-4:55-7:30-10:30 Mon-Tue 4:05-7:15-9:55 Wed 7:15-9:55 Thu 4:05-7:15-9:55 Star & Strollers Screening Wed 3
The Wolverine (14A) Fri-Sun 1:10-4:10-7:10-10:10 Mon-Wed 3:50-7:05-10:10 Thu 3:50-10:10
The World's End (14A) Fri-Sun 1:30-4:20-7:45-10:25 Mon-Thu 3:55-7:05-10:15
WWE Night of Champions - 2013 (STC) Sun 5

Twilight Drive-In
260th Street & Fraser Highway, Langley

Insidious: Chapter 2 (14A) Fri-Sat 10:15 Sun-Thu 8
Paranoia (PG) Fri-Sat 12:15
Riddick (18A) Fri-Sat 8 Sun-Thu 10

SEPTEMBER 17

MATURE 17+
Intense Violence
Blood and Gore
Nudity
Mature Humor
Strong Language
Strong Sexual Content
Use of Drugs and Alcohol
CONTENT RATED BY ESRB

PS3 PlayStation.3

FUTURE SHOP

XBOX 360

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3 songs for the weekend you need to hear

SOUND CHECK
Alan Cross
scene@metronews.ca

It's an all-Canadian affair today with a mix of vets and newcomers.

Reservoir / Pup

This new Toronto four-piece is being noticed by websites around the planet. This is honest, unvarnished rock 'n'roll, complete with blemishes. Acquaint yourself now.

King of Copenhagen / The Mahones

They've been on their Angels & Devils album for more than a year now. Their latest video was pasted together from nothing but fan-shot footage. Well done!

Arrows of Desire / Matthew Good

Matt's new album is a back-to-basics affair, inspired in part by his favourite Pixes and Husker Du records. Arrows of Desire will be out Sept. 24.

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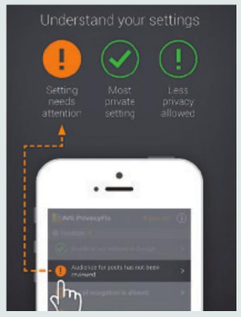
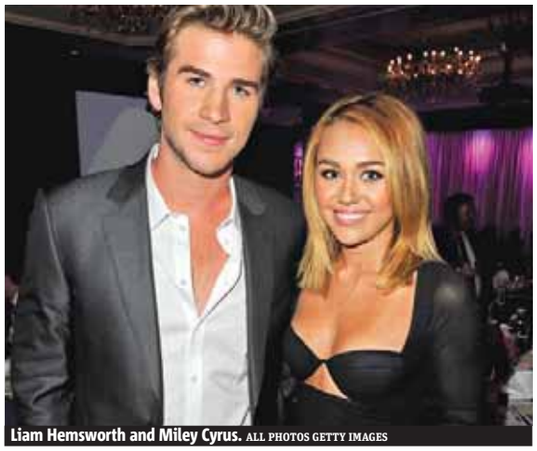



Liam Hemsworth and Miley Cyrus. ALL PHOTOS GETTY IMAGES

Cheating in the U.S.A.? Has Hemsworth got hands in January's cookie jar?

Rumours about Liam Hemsworth stepping out on fiancée Miley Cyrus are resurfacing after the Hunger Games star reportedly sent a rather forward text message to January Jones, according to Us Weekly. "I want to f— you," Hemsworth allegedly wrote to the Mad Men actress, with whom he was reportedly spotted making out at an Oscars after-party earlier this year. Hemsworth's rep, however, insists it's all nonsense. "The story of Liam Hemsworth and January Jones is entirely fabricated by US Weekly. There is no truth whatsoever to this tabloid fiction," the rep says in a statement.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It seems Demi wants a man with Moore years under his belt

Demi Moore is reportedly dating billionaire restaurant mogul Peter Morton, the 66-year-old father of her ex-boyfriend Harry Morton, according to Grazia. "Demi says that thanks to Peter, her toy-boy fascination could be over," a source says. "At 66, she never thought he'd be her type, but she really likes him." And apparently the same goes for her daughters. "The girls are glad Demi is dating someone older than herself for once," the source adds.
METRO

Cinematic source says Heigl, 'can cost you time every single day of shooting'

According to several film and TV insiders, Katherine Heigl is too difficult and demanding to work with, telling the Hollywood Reporter that casting the former Grey's Anatomy actress is "not worth it." A source from her 2010 film Life As We Know It says, "She can cost you time every single day of shooting. Wardrobe issues, not getting out of the trailer, questioning the script every single day." And a TV executive says Heigl's reputation kept her out of consideration for a role in a new series. "On many levels, she would have been perfect for the role, but all of us said, 'She's not worth it,'" the exec says.

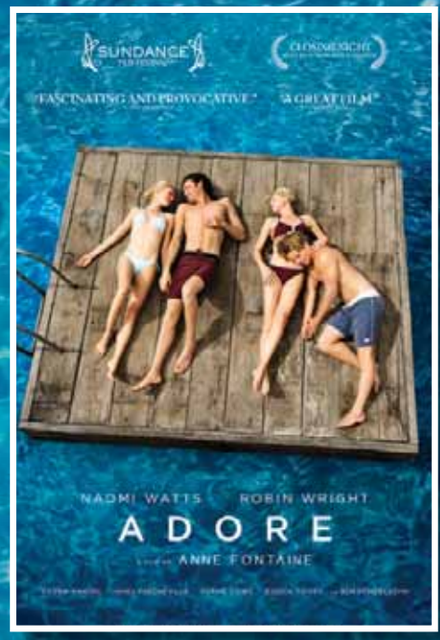
Twitter

@kirstiealley
I hate spell check!!!!!

@jason_mraz
If humans hadn't developed index fingers, do you think Mariah Carey would be able to sing?

@Joan_Rivers
The reports that Madonna is engaged to her 25-year-old boyfriend are false. She isn't marrying him, she's adopting him.

YOU COULD WIN



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WOMENS
$18 BOBBY standard length bob
$18 BOBCAT graduated length bob

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Super sipper

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Our Royal Mint will be releasing coins to celebrate the 75th anniversary of Clark Kent's alter ego, and it got me thinking about a style of wine that also has a reputation for being super.

Italy's super Tuscans were conceived in the '70s as a liquid rebellion against the Chianti region's archaic winemaking regulations. Some winemakers went rogue by growing and then blending local and global grape varieties. While Italians initially turned their noses up at this sacrilege, they were a hit everywhere else. Soon they were commanding prices as high as Italy's best, which earned them the heroic nickname.

It isn't legally defined terminology, so any winery in Tuscan adding non-traditional grapes can claim super Tuscan status. That's made it easier to find a drinkable version that doesn't break the bank.

The 2008 Monte Antico Toscana IGT ($15.95 to $18.99) is primarily sangiovese with a small portion of merlot and cabernet sauvignon. The result is a rich wine with deep plum and black cherry core that offers terrific value. A classic with pizza, it's equally at home paired with red meats.

PRICES REFLECT THE RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Sandwich the yum

Allergen Free Chocolate Chip Cookies. A Cutthroat Kitchen-inspired dish

This recipe makes abut 14 cookies. Cutthroat Kitchen airs Sundays at 10 p.m. ET/PT on Food Network Canada.
COURTESY FOODNETWORK.CA

Cutthroat Kitchen hands four chefs $25,000 and an opportunity to spend the money to either help themselves or sabotage their competitors.

Ingredients are stolen, utensils destroyed and valuable time lost when these chefs compete.

With host Alton Brown, nothing is out of bounds when money changes hands and viewers see just how far one chef will go to for the winning dish.

This dish isn't from the show but gives you the chance to see if you have what it takes to make it in your own cutthroat kitchen if your all-purpose flour was stolen — or you just ran out.

Ingredients

Gluten-free flour mix
- 4 cups rice flour
- 1 1/3 cup potato starch
- 2/3 cup tapioca flour
- 4 tsp xanthan Gum

Cookies
- 3/4 cup of coconut oil
- 1 cup of cane sugar
- 1/2 cup of applesauce
- 2 tsp of vanilla extract
- 2 1/2 cups of gluten free flour mix
- 1 tsp of baking soda
- 1 tsp of baking powder
- 1 tsp of salt
- 1 cup of vegan chocolate chips

1. Preheat your oven to 375 F. Turn on your convection fan if you have one.

2. For the gluten-free flour whisk together the flours and powders evenly distributing the finer powders amongst the coarser ones. Use as needed and reserve the rest for other baking.

3. Bring the coconut oil to room temperature then mix with the sugar. Whisk in the applesauce and vanilla and set aside. In a separate bowl whisk together the flour mix, baking soda, baking powder and salt. Mix the wet and dry together. Gently fold in the chocolate chips. Drop by large spoonfuls on to a baking tray and press to flatten slightly. Bake until lightly brown and the whole house smells like cookies, 12-14 minutes. Let the cookies rest on the baking tray to cool just a bit before removing, about 2 minutes.

4. Cool completely and if you like layer with your favourite ice cream to make fun sandwiches.

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The Color Run 5k

Gear up and stay in summer shape for fall by scoring a spot at the inaugural Color Run. Known as one of the happiest 5k runs on the planet, this global initiative celebrates health, happiness, giving back to the community, creativity and individuality. Show your colours and help support charities such as Kids Sport Vancouver. Registration costs $50; memories will be priceless. Saturday at the PNE. For details visit: thecolorrun.com.

Time to use your fake British accent

Grab your best bow tie, tweed cap, vest or what have you and hop on board (en masse) for a charity ride through the centre of the city on Sunday. Channel your best Brit accent and help raise awareness and money for local non-profit Intersections Media Opportunities For Youth. Register and find more info here: vancouvertweedride.com. There will be refreshments en route, prizes and an after party to sweeten the deal.

The importance of being Earnest

Summer weather still calls for ice cream, and opening just in time to catch the tail end of the season is Earnest Ice Cream's first bricks and mortar shop. Part traditional parlour, part café, pop by for your cone, sundae and espresso fix (courtesy of Matchstick Coffee). Learn more about Earnest Ice Cream's sweet offerings here: earnesticecream.com. They even carry vegan options. 3992 Fraser St.

Autumn Shift

Shift into the season with style and rediscover the city's Mt. Pleasant neighbourhood. There will be a smoking sausage BBQ cook-off to add to the festivities, live music, a BLIM Fashion Show, farmers market, plant nursery and Liveable Laneways to explore. Be sure to grab your bike and go — it's free and runs from noon until 6 p.m. For more information visit: mountpleasantbia.com. Sunday, Main Street at Broadway.

Tomato Festival

This weekend, be sure to get your fill of the latest crop of B.C.-grown goods and celebrate all things tomato while you're at it. The Tomato Festival takes place at both the Kitsilano and Trout Lake Markets this weekend and you'll be able to learn all about this "love apple" through tastings, demos and displays. What's more, all Vancouver Markets are sporting a fresh crop of locally sourced offerings to fill your fridge this fall. Learn more here: eatlocal.org.

Annual Terry Fox Run

Join thousands of other runners for a positive start to your day and partake in one of Vancouver's largest free community fundraiser activities. Registration opens at 8:30 a.m. for both the 3 km and 10 km challenges with a B.C. blueberry pancake breakfast set to take place (by donation) upon completion. There will be live entertainment and other activities and sun is in the forecast. Sunday, Stanley Park. For more information visit terryfox.org.

Donate today and help support women's health in your community.

Every September, Shoppers Drug Mart® stores across Canada set up a Tree of Life in support of women's health, with 100% of all proceeds going directly to women's health initiatives in your community. Over the years, you've contributed over $20 million and we're hoping you'll help us make a difference again this year.

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SPORTS 4

Opportunity knocks for Canucks' Kassian

NHL. Young winger will get time with Sedin twins Daniel and Henrik

CAM TUCKER
cam.tucker@metronews.ca

The Zack Kassian Project has entered its next phase.

Kassian, the 22-year-old power-forward-in-the-making, has come to Vancouver Canucks training camp leaner and quicker by his own admission, looking to make a greater impact over a longer period of time during the season.

"I think every year is important with your progress and this year is a unique situation with the new coaches," Kassian said Wednesday, when the Canucks opened training camp with physicals at Rogers Arena.

Kassian, at six-foot-three and 214 pounds, has the size. He's tough and not afraid to come down heavy on those who might take liberties with his teammates.

He's shown to have a surprisingly innate ability to pass the puck and soft hands with a scoring touch. Raw tools, you know?

Getting all of that out of Kassian as much as possible throughout an 82-game season remains a charge, now inherited by John Tortorella.

The new head coach has heard rumblings about Kassian's potential and reached out to the big fella this summer.

Canucks Zack Kassian, left, and Daniel Sedin catch their breath during the first day of on-ice activity at training camp on Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

"I want to give him every opportunity to be a huge part of this team. And I told him that," said Tortorella.

"It's something that I think the team needs, in terms of his willingness, as far as his playing into a bigger role within the team. I'd like to see it happen. He's going to get the opportunity, but he's going to sink or swim himself."

That includes getting a look on the right wing with the twins, Daniel and Henrik Sedin.

Kassian would welcome the chance to be re-united with the Sedins.

"With open arms," he said.

Coach Tortorella

Twitter is 'nothing but trouble'

New Vancouver Canucks coach John Tortorella doesn't want his players to get too social on Twitter.

Tortorella said Thursday he wants Vancouver players to limit their Twitter use, but he won't impose an outright ban.

"I'm not going to handcuff them and treat them like little kids," he said."There better be no information coming out of the locker-room with that damn Twitter.

"It's nothing but trouble."

Several players on the team regularly use Twitter, including goaltender Roberto Luongo. But Tortorella hopes Luongo "stays out of it."

Luongo's tweets have received extensive media coverage on several occasions. THE CANADIAN PRESS

CFL

Lions looking for spark as they host Alouettes

Asked about how he wants to help the BC Lions, Chris Wilson refers to flint — "rare earth metals," according to the Canadian Oxford Dictionary.

Flint, when struck with a piece of steel, can ignite sparks and produce fire. There are two connections here. The first being Wilson hails from Flint, Mich.

The second is the Lions are in need of a spark as they continue down the second half of the Canadian Football League season. They have a 6-4 record and are third in the West Division.

But their brand of football to this point in the season has been far from inspiring considering the talent.

A spark is what Wilson, a defensive end who signed as a free agent with the Lions on Monday, wants to provide.

"I'm looking very forward to doing that," he said.

That could come as early as Sunday, when the Lions take on the Montreal Alouettes at BC Place stadium, although he is still listed on the practice roster.

Wilson, who played two years with B.C. from 2005 to 2006 before going to the NFL for five seasons, expects to play, although the final word is up to head coach Mike Benevides.

"Right now he's looking really good. I've just got to see physically how he feels, by the end of the week, see how his body feels," said Benevides.

CAM TUCKER/METRO

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Diagnosed with a tumor in the liver

I was diagnosed with a tumor in the liver. After the operations I was in bed for eight months recovering, but unfortunately the tumor returned even worse, my body could not take a new operation. After using my faith in God I am completely healed. Camila

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Rays clinging on to wild card

The Rays' Wil Myers doubles in the eighth inning to drive in the winning run against the Red Sox on Thursday night in St. Petersburg, Fla. The Rays won 4-3, and lead the crowded race for the second AL wild card despite going 5-13 since Aug. 25. The Red Sox, meanwhile, have an 8 1/2-game advantage over the second-place Rays in the AL East. AL MESSERSCHMIDT/GETTY IMAGES

Patriots hold off Jets in sloppy offensive affair

NFL. New England improves to 2-0 despite Brady throwing for less than 200 yards

One picture-perfect pass started the New England Patriots toward an ugly win.

Tom Brady threw a 39-yard touchdown to a wide-open Aaron Dobson on the game's first series before both offences played as sloppily as the second-half weather, and the Patriots got by the New York Jets 13-10 on Thursday night.

Brady had trouble connecting with his rookie-filled receiving corps, while Jets rookie Geno Smith was sacked four times when he took too much time to find someone to throw to.

The Patriots' Kenbrell Thompkins attempts to haul in a touchdown pass against the Jets' Dee Milliner on Thursday in Foxboro, Mass. JARED WICKERHAM/GETTY IMAGES

The Patriots (2-0) managed just nine first downs after leading the NFL in points and yards last season.

The Jets (1-1) cut the lead to 13-10 on Bilal Powell's three-yard touchdown run with 5:05 left in the third quarter. But Smith threw three interceptions in the fourth quarter, two to Aqib Talib and one to Alfonzo Dennard. Talib's second with 38 seconds left sealed the victory.

With wide receiver Danny Amendola, tight end Rob Gronkowski and running back Shane Vereen all sidelined, Brady was without three of his top offensive players. He was left with just two tight ends and four wide receivers, three of them rookies.

Brady completed 19 of 39 passes for 185 yards and one touchdown. Smith was 15 of 35 for 214 yards with no touchdowns. THE ASSOCIATED PRESS

NFL

Romo suffers bruised ribs in game vs. Giants

Tony Romo played through broken ribs to help keep the season afloat for Dallas in 2011.

The injury isn't as serious this time, which means the task doesn't appear as daunting for the Cowboys quarterback.

Romo has bruised ribs after he was crunched between two defenders late in the first half of a 36-31 win over the New York Giants in the opener. He played the second half and says he's just dealing with soreness heading into Sunday's game at Kansas City. THE ASSOCIATED PRESS

Tony Romo RONALD MARTINEZ/GETTY IMAGES

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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than September 13, 2013. PLEASE QUOTE: "Sales Representative – Vancouver" in the subject line. All submissions will be treated as confidential.

metro

Horoscopes

Aries
March 21 - April 20
One area of your life will grind to a halt and maybe even go into reverse today. You may not be happy about it but what can you do? Sometimes you just have to accept what occurs.

Taurus
April 21 - May 21
Life is not and never will be a level playing field — some people are good at things that others will never master. Once you accept that, you can just get on with your life.

Gemini
May 22 - June 21
You enjoy causing waves and something you say today will no doubt infuriate people who don't share your views. You need to remind them that their opinions, while valid, are not the be all and end all.

Cancer
June 22 - July 23
You cannot change the world, so don't waste time trying. What you can do though is change your own way of looking at the world. If your outlook is positive, your future will be positive too.

Leo
July 24 - Aug. 23
The winds of change are blowing at gale force and if you don't hold onto something, there is a chance you might get swept away. What is most stable in your life? Grasp it.

Virgo
Aug. 24 - Sept. 23
There are things going on behind the scenes that will change your world in major ways but that is no reason to worry. Looking back later in the year, you will realize how wonderful they were.

Libra
Sept. 24 - Oct. 23
Someone you don't get along with will make their usual fuss today and you should tell them that you've had enough of their dramatics. If they don't shut up then ship them out.

Scorpio
Oct. 24 - Nov. 22
It takes courage to choose a different path when the one you are on is so familiar but there is no other choice. If you don't change now, you could be stuck with the same old routine for years to come.

Sagittarius
Nov. 23 - Dec. 21
A plan you had high hopes for will have to be put on the back burner for a while. According to the planets, it needs more time to mature in your mind.

Capricorn
Dec. 22 - Jan. 20
Everything that happens in life is part of the grand design. Remember that and you won't go wrong. If you want to win at the game of life, you must let go and trust the universe.

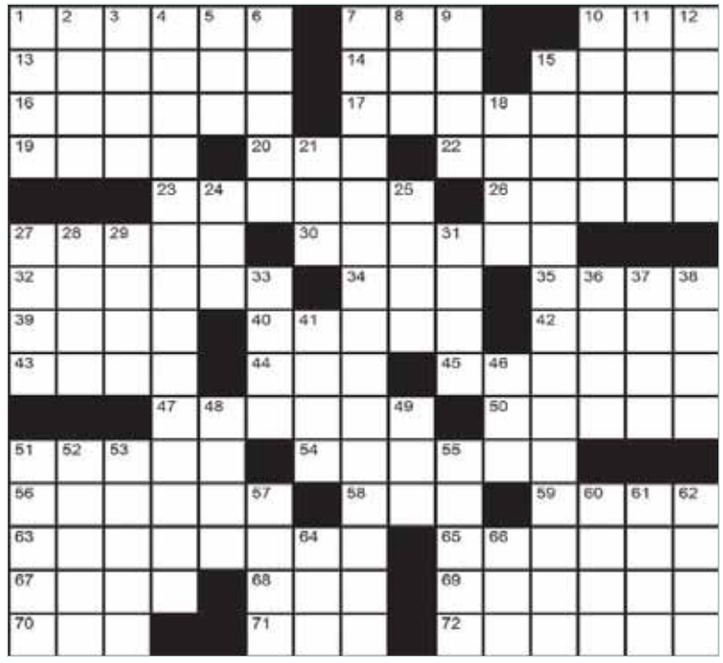
Aquarius
Jan. 21 - Feb. 19
You may be sad that a friend is moving away but the space their departure leaves will be filled by someone else. Life is never static, nor are relationships. You may not like change but ultimately it is good.

Pisces
Feb. 20 - March 20
You may be the sort who can bluff your way through most situations but the planets warn you have bitten off more than you can chew this time. A penalty of some kind will have to be paid before you can move on. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



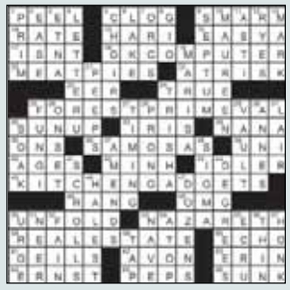
Across

1. Infomercial's prompt to buy!: 2 wds.
7. Coke or Pepsi
10. Cause supporter, __-thumper
13. Opera tenor, Enrico __ (b.1873 - d.1921)
14. Ms. MacGraw
15. Rubik's Cube inventor, __ Rubik
16. Furnace, for example
17. Do a cleanse
19. Bldg. planner
20. Company name abbr.
22. Travelled, bunny-style
23. Truly
26. Wants
27. Cut-and-__
30. Actor Mr. Grenier
32. Edmonton's CFL players, to fans
34. Texas city, with Antonio
35. "Grey's Anatomy" star Ms. Ramirez
39. "Dynamite" singer Mr. Cruz
40. Christine of "Chicago Hope"
42. Music key, _ __.
43. Cable sports channel
44. Hubbub
45. Canadian rapper, D-__
47. Celebrated
50. Seal the deal, slang-style: 2 wds.
51. Rage: 2 wds.
54. Laura Branigan smash
56. Draw out a response
58. Tie-__
59. Plant stem bump
63. French author of 1759 book Candide
65. Astronaut legend, Buzz __
67. '70s hit in Spanish: "__ Tu"
68. And not
69. Discontinued
70. Set down
71. "Okay."
72. Bound-to-the-land persons of ancient Sparta

Down

1. Be sore
2. City in Normandy in France where Canadians saw action in WWII
3. Hamlet genre, for short
4. Food label heading under which Calories, Fat, etc. are listed: 2 wds.
5. 'Lact' suffix
6. Tom Cochrane album: 'Mad Mad __'
7. '80s fashions features: 2 wds.
8. Toreador's taunt
9. Essential part
10. Hogwash
11. Hungry
12. Surnamesakes of bartender Woody on "Cheers"
15. It's been rocking The Senate in 2013 headlines: 2 wds.
18. Eugene O'Neill's daughter
21. Hot drink
24. Social pages word
25. "Shoot!"
27. Rocker Mr. Wentz
28. Botanist Mr. Gray's
29. Bypass
31. "Last one __ __ a rotten egg!"
33. Abrupt door closing
36. Marie-Claire's friend
37. Sitarist, __ Shankar
38. Song covered by Chantal Kreviazuk: "Leaving on _ __ Plane"
41. Work like _ __ (Toil)
46. 'Rocky' movies installment
48. 1998 Sarah McLachlan hit
49. Tofu base
51. Countertops edging choice
52. Gorge village of Southwestern Ontario
53. Ms. Cyrus
55. Toothbrush brand
57. Minuscule
60. About: 2 wds.
61. Soft drink request
62. Completes
64. Caviar
66. Tommy Jones link

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	4					8	
3					5		4	
9			6		4	7		
	2			3		6		9
5		6		2			7	
		7	3		8			2
	4		9					8
	3					4	1	

Yesterday's Sudoku

9	1	2	8	5	7	3	6	4
6	8	4	3	9	1	2	5	7
3	5	7	2	6	4	9	1	8
5	6	8	7	4	3	1	2	9
2	3	1	9	8	6	7	4	5
4	7	9	1	2	5	6	8	3
1	2	5	4	3	9	8	7	6
8	4	3	6	7	2	5	9	1
7	9	6	5	1	8	4	3	2

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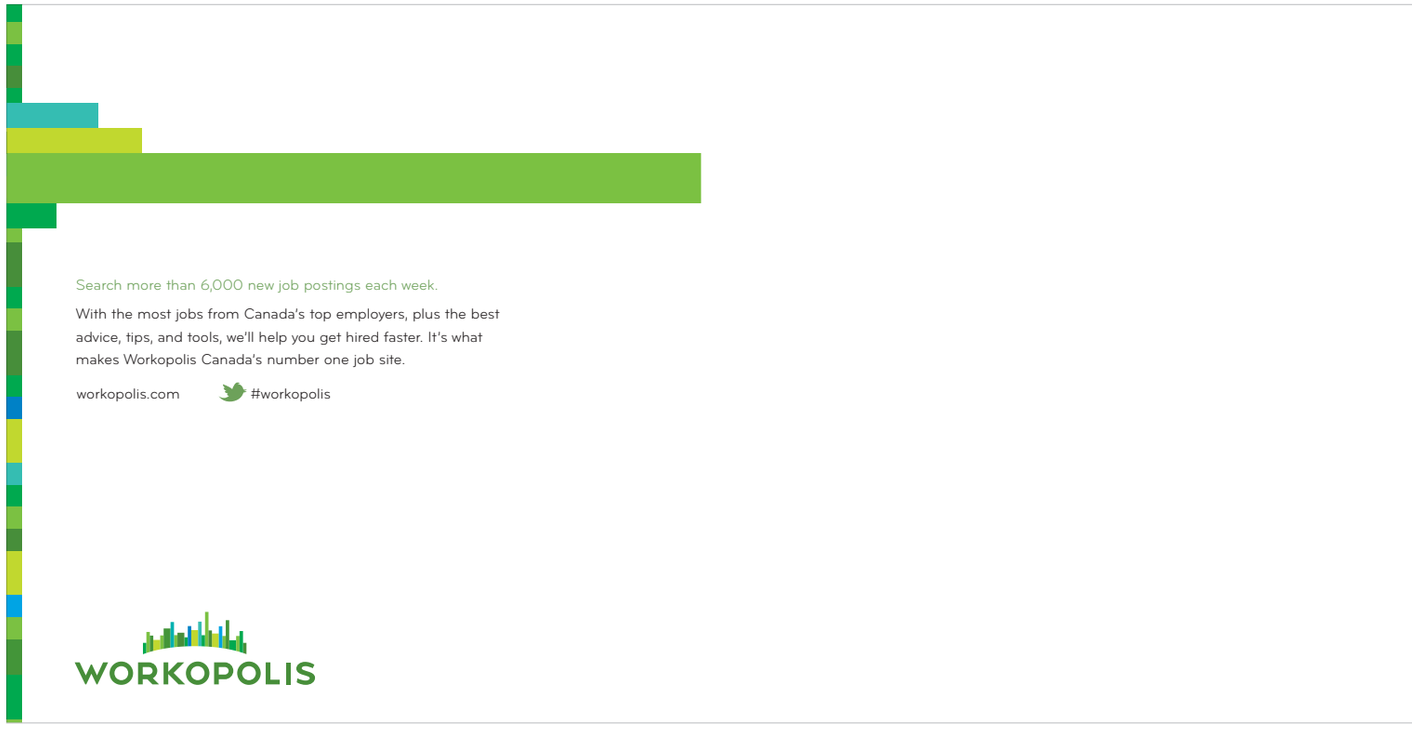
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